

Diet & Physical Activity Committee Meeting #4
November 7, 2002, 4-6pm
Johns Hopkins School of Public Health, Room 6015
Minutes

- Dr. Platz reviewed information from Dr. Dwyer regarding a contact at MSDE. Dr. Platz will contact Stewart Eidel and brief him on the committee's work thus far, and possibly arrange for him to attend a committee meeting.
- The committee reviewed diet and cancer chapters from the 1991 and 1996 Maryland Cancer Plans. Each chapter includes some data (statistical methods were noted as being fairly crude), a brief survey of relevant research, reference to existing dietary guidelines, and some form of conclusions/recommendations.
- The group discussed the intended format for the goals and recommendations. The decision was made to describe the following for each of three intervention categories:
 1. Optimal goal
 2. Suggested recommendation for the general population
 3. Goal on which evaluators will base success
- The intervention categories are:
 1. Intake of fruits and vegetables
 2. Weight status (overweight/obesity)
 3. Level of physical activity

Discussion on the following ideas:

- Addendum to the chapter showing images of tools to use in educational curriculums.
- Nutrition education should be included in every grade level.
- Supermarkets should do sampling of fruits and vegetables at stores. Increasing availability of tours of grocery stores. Suggestion to work closely with the 5-a-day program on these types of initiatives. Suggestion to advocate for increased funding for the 5-a-day program.

Establishing goals:

Intake of Fruits and Vegetables

Optimal goal	Suggested recommendation for population	Goal for evaluation purposes
100% of Marylanders consuming 5-9 servings of fruits and vegetables every day	<ul style="list-style-type: none"> • Work towards 5-9 servings/day • Begin by increasing intake by 1 serving/day • Try new fruits and vegetables and choose a variety of colorful fruits and vegetables 	<ul style="list-style-type: none"> • Use BRFSS data as baseline and then again as measure of success • Goal is to shift distribution so that all Marylanders have reached the next higher category on the BRFSS • Categories are: <ul style="list-style-type: none"> 5+ servings/day 3-4 servings/day 1-2 servings/day <1 serving/day

Weight Status

Optimal goal	Suggested recommendation for population	Goal for evaluation purposes
100% of Marylanders exhibit a BMI of 17-19 (??)	<ul style="list-style-type: none"> • Work towards a BMI of under 25 • Decreasing your BMI further within a healthy range (19-25) can help lower cancer risk even further 	<ul style="list-style-type: none"> • Goal is to shift prevalence of overweight/obesity to levels of mid-1980s • Use of BRFSS data as baseline and measure of success • Categories are: Overweight: BMI 25-30 Obese: BMI ≥ 30

- Discussion regarding the influence of the media, and suggestion to include in the chapter some reference to changing guidelines and conflicting reports.
- Note that measure of weight status will be different for children and adolescents and will make use of growth charts.

Physical Activity

Optimal goal	Suggested recommendation for population	Goal for evaluation purposes
100% of Marylanders attaining one hour of vigorous physical activity every day of the week	<ul style="list-style-type: none"> • Work toward 1 hour/day every day of the week • Start by increasing your physical activity by 20 minutes every day • Activity does not need to be performed all at once, but should take heart rate into consideration • Participate in a variety of activities, including walking; activities are not limited to gym workouts 	<ul style="list-style-type: none"> • Goal is decrease prevalence of inactive Marylanders • Use of BRFSS data as baseline and measure of success • Inactivity is no regular and sustained physical activity • Regular and sustained physical activity is defined by the BRFSS as 5 times/week, at least 30 minutes duration

- Discussion regarding portion control as a topic for the chapter. Include reference to AICR plate/wheel, tips on portion size, information similar to *Real Simple* diet guide.
- Discussion regarding energy balance, or balanced intake, as a topic for the chapter with reference to guidelines to illustrate.
- Another meeting will be held to discuss the writing of the chapter. Date TBA.